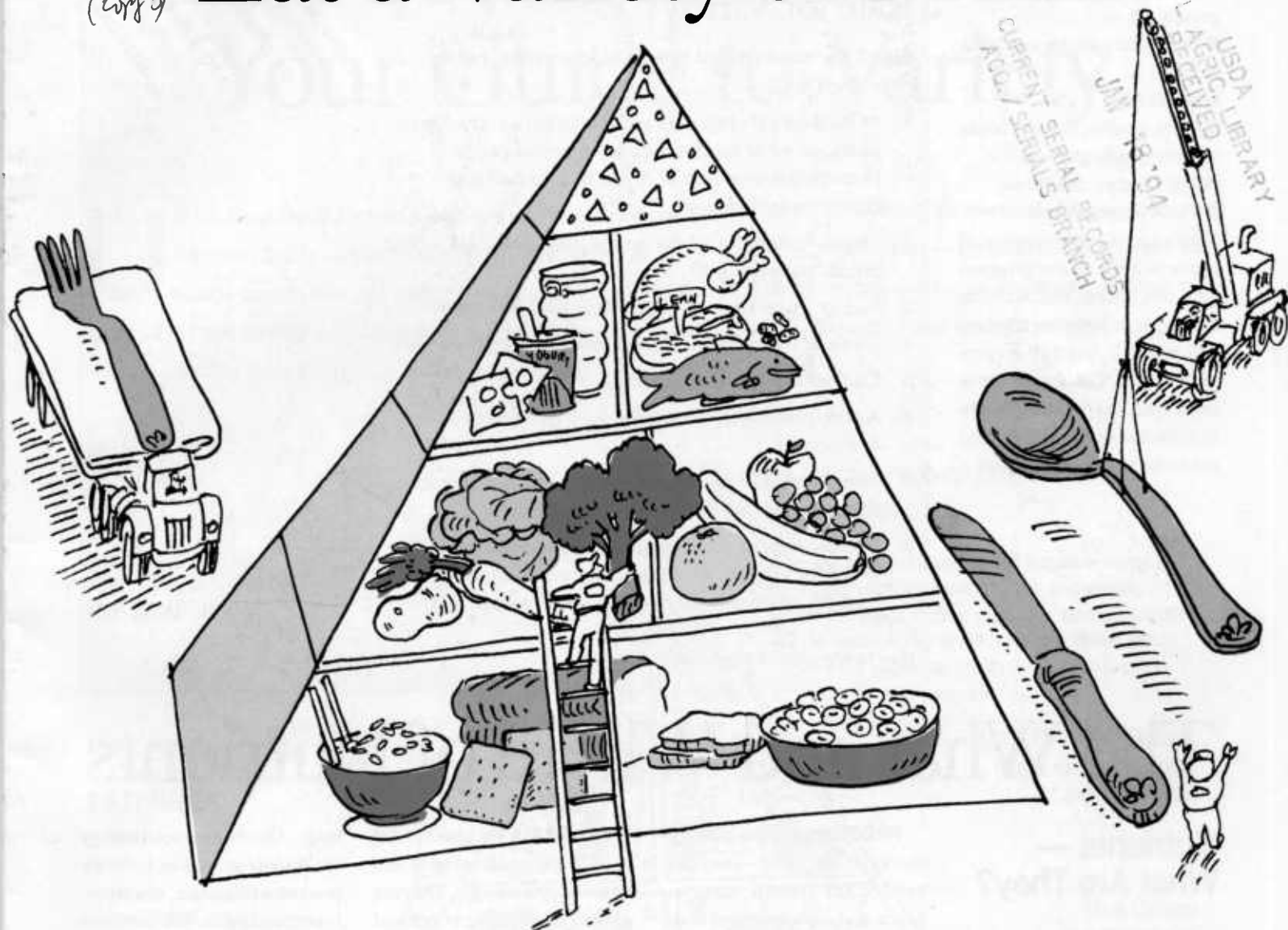




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Eat a Variety of Foods



United States
Department of
Agriculture

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What Do We Mean by Variety?

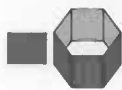
A varied diet includes foods from each of the five major groups. Choosing different foods from within each major group is also important. The Food Guide Pyramid is an outline of what to eat each day. It helps you put the Dietary Guidelines into action.

People need more than 40 different nutrients for good health — protein, fat, carbohydrate, water, and a number of vitamins and minerals. A variety of foods can provide all these nutrients. **No one food supplies all you need.**

(Continued on p. 2)

READ ON FOR...

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Iron—a problem nutrient	p.11
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To help describe a varied diet, foods are grouped by the nutrients they contain. The groups are —

- Breads, cereals, rice, and pasta
- Fruits
- Vegetables
- Meat, poultry, fish, dry beans and peas, eggs, and nuts
- Milk, yogurt, and cheese
- Fats, oils, and sweets

(See page 6 for examples of foods in each of the groups.) Fats, oils, sweets, and alcoholic beverages provide few vitamins and minerals, but they do provide calories. Learn more about these foods and beverages in other bulletins on fat, sugar, and alcoholic beverages in this set.

How Does Your Diet Rate for Variety?

Check the box that best describes your eating habits.

How often do you eat:

	SELDOM OR NEVER	1 OR 2 TIMES A WEEK	3 TO 5 TIMES A WEEK	ALMOST DAILY
1. At least six servings of bread, cereals, rice, crackers, pasta, or other foods made from grains per day? (A serving is one slice of bread or one-half cup cooked cereal, rice, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Foods made from whole grains, such as whole-wheat bread, oatmeal, etc?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Two or more kinds of fruit or fruit juice per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Three or more different kinds of vegetables per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Cooked dry beans or peas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. A dark-green leafy vegetable, such as spinach or broccoli?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Two servings of lean meat, poultry, fish, or alternates, such as eggs, dry beans, or nuts per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Two servings of milk, yogurt, or cheese per day (three for women who are pregnant or breast-feeding, teenagers, and young adults to age 24)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Now turn to page 16 to see how you're doing.

The What and Where of Nutrients

Nutrients — What Are They?

The six types of nutrients are described below. Most of us can get enough of these nutrients by eating foods from the five major groups each day.

CARBOHYDRATES include starches, sugars, and dietary fiber. Starch and sugar supply the body with energy. Dietary fiber provides bulk to the diet, which stimulates regular elimination from the bowel. (Read more about carbohydrates in the bulletin on vegetables, fruits, and grain products and the bulletin on sugars in this set.)

PROTEINS are the building blocks of the body. They are needed for growth, maintenance, and replacement of body cells. Proteins also form hormones and enzymes used to regulate body processes.

FATS provide energy and are carriers for fat-soluble vitamins. Some fats help form cell membranes and hormones. Fats also add flavor to foods. (Read more in the bulletin about fat in this set.)

VITAMINS are substances needed by the body in very small amounts. They do not supply energy, but they help release energy from carbohydrates, fats, and proteins. Vitamins also help in other chemical reactions in the body.

MINERALS are also needed in relatively small amounts and do not supply energy. They are used to build strong bones and teeth and to make hemoglobin in red blood cells. Minerals also help maintain body fluids and are vital links in many other chemical reactions in the body.

WATER is often called the "forgotten nutrient." It is needed to replace body water lost in urine and sweat. Water helps to transport nutrients, remove wastes, and regulate body temperature.

WHAT ABOUT CALORIES? A calorie is not a nutrient. It is a measure of the energy supplied by food when it is used by the

body. Our bodies need energy for activity as well as for body processes (digestion, heartbeat, breathing, etc.). The nutrients that supply calories (energy) are carbohydrates, fats, and proteins. The alcohol in alcoholic beverages also supplies calories. Calories in excess of what your body needs are stored in the body as fat.

Nutrients — Where Are They?

In all foods! Read on to learn more about which foods are sources of which nutrients.

The Food Guide Pyramid: Your Guide to Variety

Use the Food Guide Pyramid to help you eat better every day...the Dietary Guidelines way. Start with plenty of breads, cereals, rice, and pasta; vegetables; and fruits. Add two to three servings from the milk group and two to three servings from the meat group. Each of these groups provides

some, but not all, of the nutrients you need. Foods in one group can't replace those in another — for good health you need them all. Remember to go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid. These foods provide calories and little else nutritionally.

Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt,
& Cheese Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

KEY ◊ Fat (naturally occurring and added)
▽ Sugars (added)

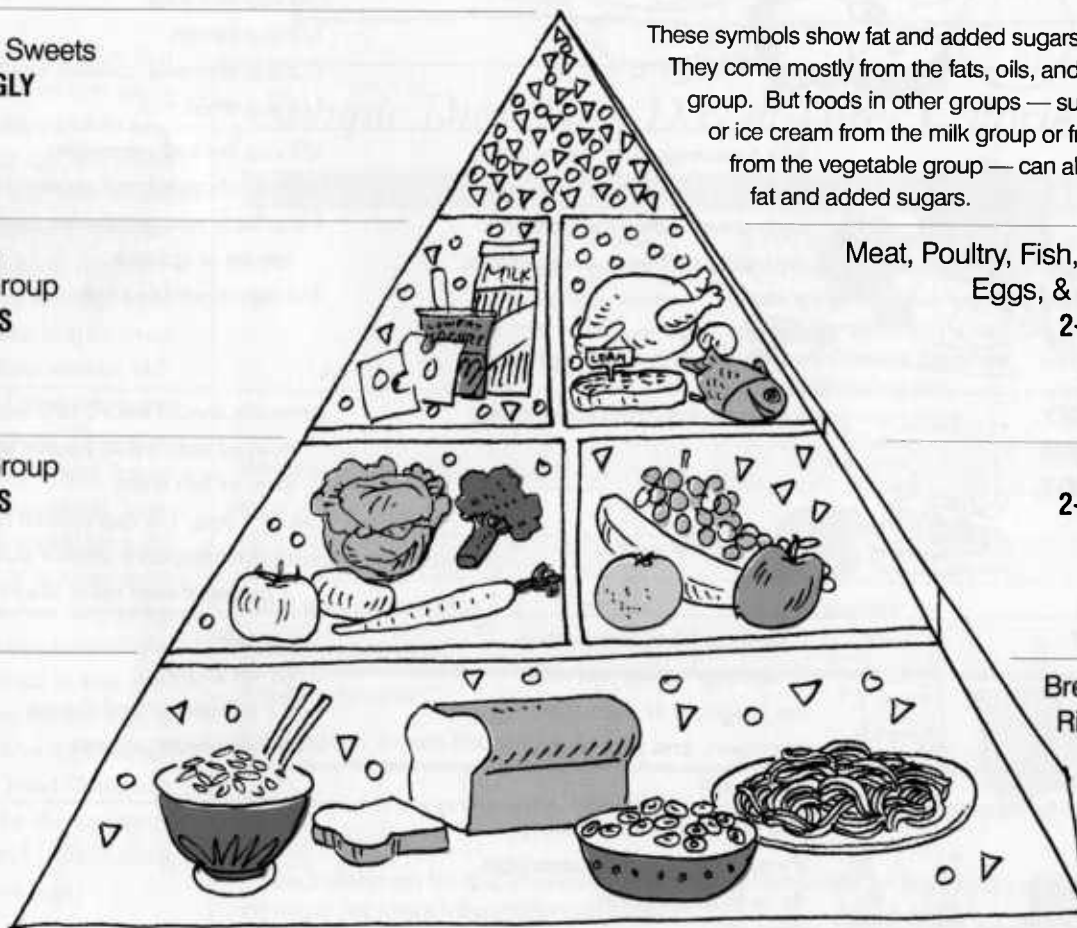
These symbols show fat and added sugars in foods.

They come mostly from the fats, oils, and sweets group. But foods in other groups — such as cheese or ice cream from the milk group or french fries from the vegetable group — can also provide fat and added sugars.

Meat, Poultry, Fish, Dry Beans,
Eggs, & Nuts Group
2-3 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal,
Rice, & Pasta
Group
6-11 SERVINGS





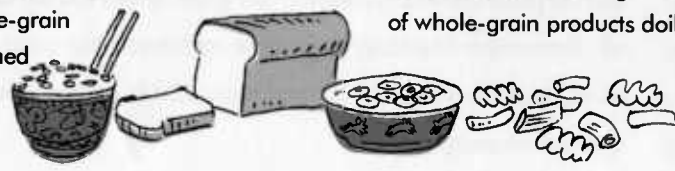





The Pyramid Guide to Daily Food Choices

The chart below gives you some specific tips for using the Food Guide Pyramid to choose a varied and nutritious diet.

■ Choose foods daily from each of the five major groups shown below. The table on page 6 lists some foods in each group.

■ Include different types of foods from within the groups. As a guide, you can use the subgroups listed below the major food group headings.

■ Have at least the smaller number of servings suggested from each group. Limit the total amount of food eaten to maintain healthy weight.

FOOD GROUP	SUGGESTED DAILY SERVINGS	WHAT COUNTS AS A SERVING?
BREADS, CEREALS, RICE, AND PASTA Whole-grain Enriched 	6 to 11 servings from entire group (include several servings of whole-grain products daily)	1 slice of bread 1/2 hamburger bun or english muffin 1 small roll, biscuit, or muffin 3 to 4 small or 2 large crockers 1/2 cup of cooked cereal, rice, or pasta 1 ounce of ready-to-eat cereal
FRUITS Citrus, melon, berries Other fruits 	2 to 4 servings from entire group (include citrus fruits or juices, melons, or berries regularly)	1 whole fruit such as 1 medium apple, banana, or orange 1/2 grapefruit half 1/2 melon wedge 3/4 cup fruit juice 1/2 cup berries 1/2 cup chopped, cooked, or canned fruit 1/4 cup dried fruit
VEGETABLES Dark-green leafy Deep-yellow Dry beans and peas (legumes) Starchy Other vegetables 	3 to 5 servings from entire group (include all types regularly; have dark-green leafy vegetables and dry beans and peas several times a week)	1/2 cup cooked vegetables 1/2 cup chopped raw vegetables 1 cup leafy raw vegetables, such as lettuce or spinach 3/4 cup vegetable juice
MEATS, POULTRY, FISH, DRY BEANS AND PEAS, EGGS, AND NUTS 	2 to 3 servings from entire group	Amounts should total 5 to 7 ounces of cooked lean meat, poultry without skin, or fish a day. Count 1 egg, 1/2 cup cooked beans, or 2 tablespoons peanut butter as 1 ounce of lean meat (about 1/3 serving).
MILK, YOGURT, AND CHEESE 	2 servings from entire group (3 servings for women who are pregnant or breastfeeding, teenagers, and young adults to age 24)	1 cup milk 8 ounces yogurt 1-1/2 ounces natural cheese 2 ounces process cheese
FATS, OILS, AND SWEETS 	Use fats and sweets sparingly. If you drink alcoholic beverages, do so in moderation.	

Note: The guide to daily food choices described here was developed for Americans who regularly eat foods from all the major food groups listed. Some people, such as vegetarians and others, may not eat one or more of these types of foods. These people may wish to contact a dietitian or nutritionist for help in planning food choices.

■ Serve larger or smaller portions of menu items, if desired. For example, 1 cup of rice, a larger portion, counts as two servings and 1/4 cup of rice, a smaller portion, counts as one-half serving.

■ Most people should choose foods that are low in fat and sugars more often than those higher in fat and sugars. (See bulletins on fat and sugars in this set.)

■ Go easy on fats and sweets and alcoholic beverages if they are consumed at all.

What About the Number of Servings?

The number of servings that you need depends on how many calories you need, which in turn depends on your age, sex, physical condition, and how active you are. Almost everyone should have at least the minimum number of servings from each of the five major food groups daily. Many women, older children, and most teenagers and men need more. The top of the range is about right for an active man or teenage boy. Young children should have the same numbers of servings from the food groups, but the serving sizes can be smaller from all the groups except milk. Young children should have two servings of milk every day. Use the Pyramid Guide to Daily Food Choices to help you plan for the variety of foods your family needs each day (see previous page).

Fats, Oils, & Sweets
USE SPARINGLY

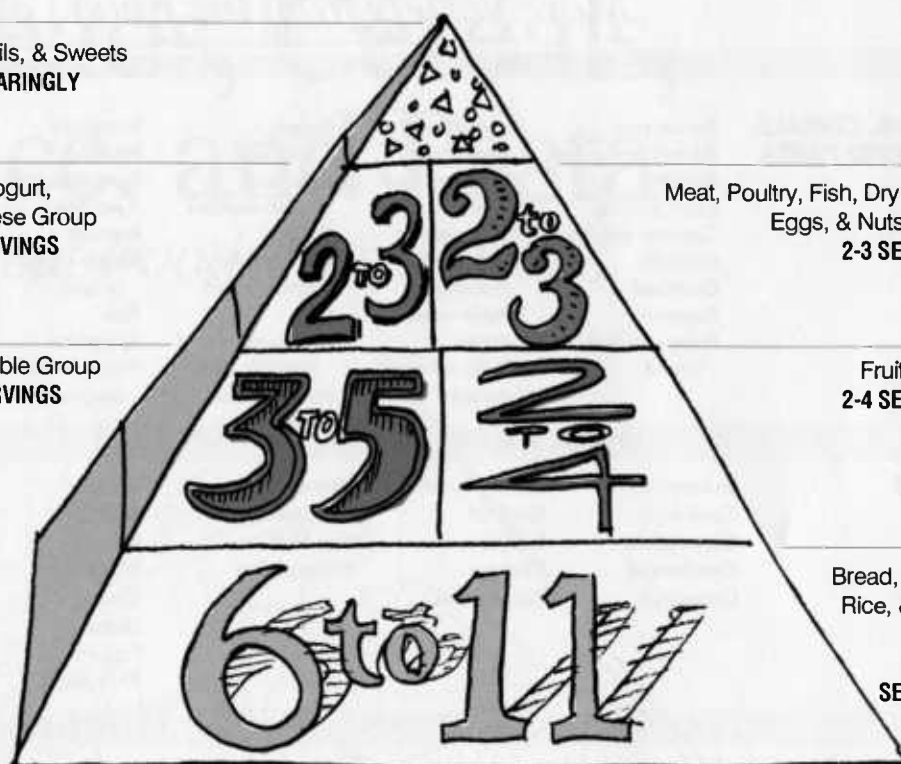
Milk, Yogurt,
& Cheese Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Meat, Poultry, Fish, Dry Beans,
Eggs, & Nuts Group
2-3 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal,
Rice, & Pasta
Group
**6-11
SERVINGS**



Sample Diets for a Day at Three Calorie Levels

	About 1,600	About 2,200	About 2,800
	1,600 calories is about right for many sedentary women and some older adults.	2,200 calories is about right for most children, teenage girls, active women, and many sedentary men. Women who are pregnant or breastfeeding may need somewhat more.	2,800 calories is about right for teenage boys, many active men, and some very active women.
Bread group servings	6	9	11
Fruit group servings	2	3	4
Vegetable group servings	3	4	5
Meat group (See page 10)	5 ounces	6 ounces	7 ounces
Milk group servings	2-3*	2-3*	2-3*
Total fat (grams)**	53	73	93
Total added sugars (teaspoons)**	6	12	18

*Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

**See bulletin on fat and cholesterol for more information on how to count fat. See bulletin on sugar for more information on sugars.

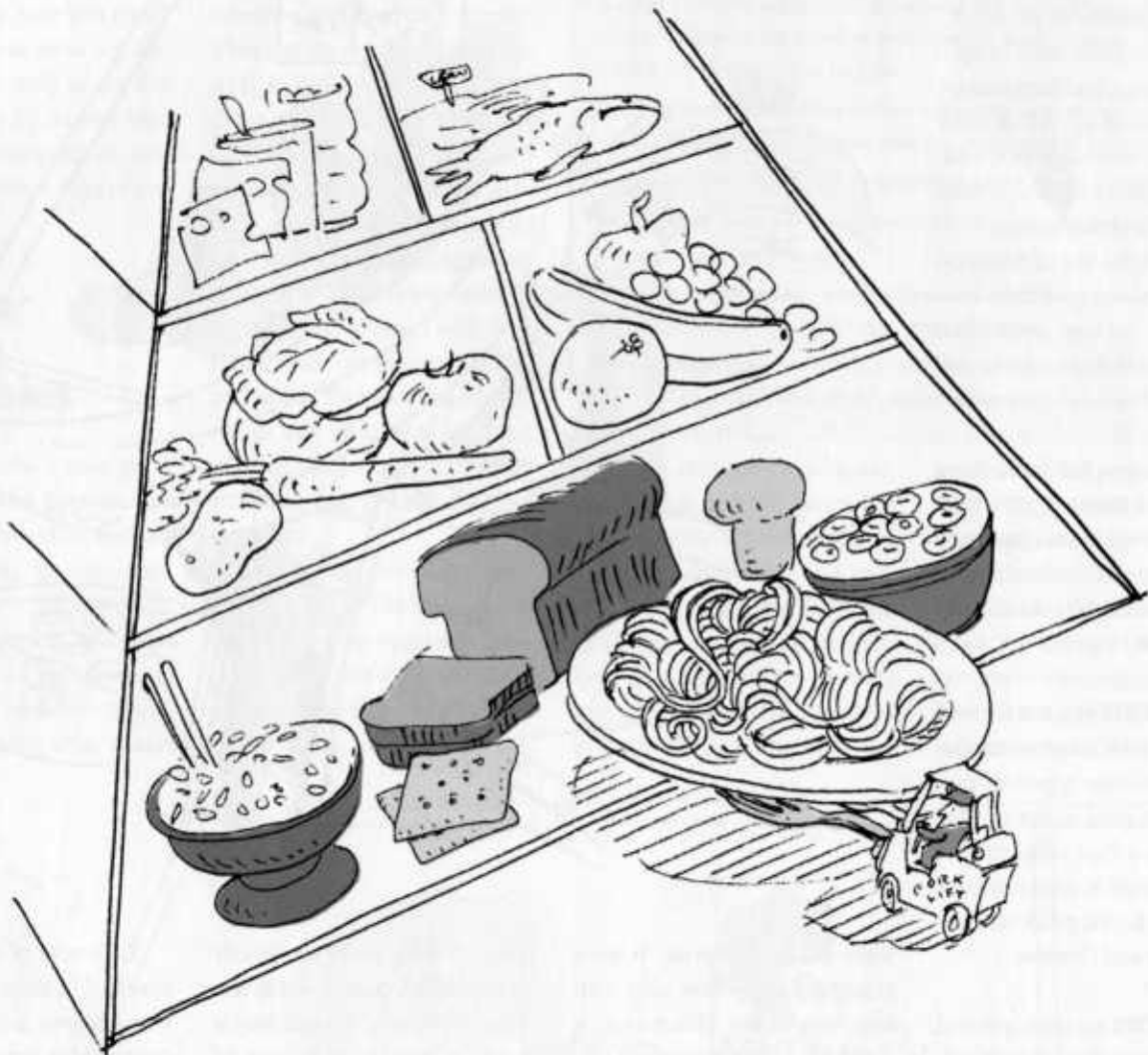


More Variety from the Food Groups

WHOLE-GRAIN			ENRICHED		GRAIN PRODUCTS WITH MORE FAT OR SUGAR	
BREADS, CEREALS, RICE, AND PASTA	Brown rice	Ready-to-eat cereals	Bagels	Macaroni	Biscuits	Danish
	Buckwheat groats		Cornmeal	Noodles	Cake (unfrosted)	Doughnut
	Bulgur	Rye bread and crackers	Crackers	Pancakes and waffles	Cookie	Muffin
	Corn tortillas	Whole-wheat bread, rolls, crackers	Farina	Pretzels	Cornbread	Pie crust
	Graham crackers		Flour tortillas	Ready-to-eat cereals	Croissant	Tortilla chips
	Granola	Whole-wheat pasta	French bread	Rice		
	Oatmeal	Whole-wheat cereals	Grits	Spaghetti		
	Popcorn		Hamburger and hot dog rolls	White bread and rolls		
	Pumpnickel bread		Italian bread			
CITRUS, MELONS, BERRIES			OTHER FRUITS			
FRUITS	Blueberries	Honeydew melon	Strawberries	Apple	Guava	Plantain
	Cantaloup	Kiwifruit	Tangerine	Apricot	Grapes	Pineapple
	Citrus juices	Lemon	Ugli fruit	Asian pear	Mango	Plum
	Cranberries	Orange	Watermelon	Banana	Nectarine	Prickly pear
	Grapefruit	Raspberries		Cherries	Papaya	Prunes
				Dates	Passion fruit	Raisins
				Figs	Peach	Rhubarb
				Fruit juices	Pear	Star fruit
DARK-GREEN LEAFY			DEEP-YELLOW		STARCHY	
VEGETABLES	Beet greens	Dandelion greens	Mustard greens	Carrots	Breadfruit	Lima beans
	Broccoli	Endive	Romaine lettuce	Pumpkin	Corn	Potato
	Chard	Escarole	Spinach	Sweetpotato	Green peas	Rutabaga
	Chicory	Kale	Turnip greens	Winter squash	Hominy	Taro
	Collard greens		Watercress			
DRY BEANS AND PEAS (LEGUMES)			OTHER VEGETABLES			
	Black beans	Lima beans (mature)	Artichoke	Celery	Mushrooms	Tomato
	Black-eyed peas	Mung beans	Asparagus	Chinese cabbage	Okra	Turnips
	Chickpeas (garbanzos)	Navy beans	Bean and alfalfa sprouts	Cucumber	Onions (mature and green)	Vegetable juices
	Kidney beans	Pinto beans	Beets	Eggplant	Radishes	Zucchini
	Lentils	Split peas	Brussels sprouts	Green beans	Snow peas	
			Cabbage	Green pepper	Summer squash	
			Cauliflower	Lettuce		
MEAT, POULTRY, AND FISH			ALTERNATES			
MEAT, POULTRY, FISH, AND ALTERNATES	Beef	Lamb	Pork	Dry beans and peas (legumes)	Nuts and seeds	
	Chicken	Luncheon meats, sausages	Shellfish	Eggs	Peanut butter	
	Fish	Organ meats	Turkey		Tofu	
	Ham		Veal			
LOWFAT MILK PRODUCTS			OTHER MILK PRODUCTS WITH MORE FAT OR SUGAR			
MILK, YOGURT, AND CHEESE	Buttermilk	Lowfat or non-fat plain yogurt	Cheddar cheese	Fruited yogurt	Process cheeses and spreads	Swiss cheese
	Lowfat cottage cheese	Skim milk	Chocolate milk	Ice cream	Puddings made with milk	Whole milk
	Lowfat milk (1% and 2% fat)		Flavored yogurt	Ice milk		
			Frozen yogurt			
FATS AND OILS			SWEETS		ALCOHOLIC BEVERAGES	
FATS, OILS, AND SWEETS	Bacon, salt pork	Mayonnaise	Candy	Jam	Sherbets	Beer
	Butter	Mayonnaise-type salad dressing	Corn syrup	Jelly	Soft drinks and colas	Liquor
	Cream (dairy, nondairy)	Salad dressing	Frosting (icing)	Maple syrup	Sugar (white and brown)	Wine
	Cream cheese	Shortening	Fruit drinks	Marmalade	Table syrup	
	Lard	Sour cream	Gelatin desserts	Molasses		
	Margarine	Vegetable oil	Honey	Popsicles and ices		

Breads, Cereals, Rice, and Pasta

Great Foods from Grains



Grain products are an important part of a balanced diet. Both whole-grain and enriched breads and cereals provide carbohydrate (starch); the vitamins, thiamin, riboflavin, niacin; and the mineral, iron. Whole grains are also sources of dietary fiber and provide the vitamin, folate, and the

minerals, zinc and magnesium. Eat some whole-grain as well as enriched products each day. The variety of grain products available is almost endless. See previous page for a list of some of the whole-grain and enriched grain products you might use in your meals and snacks.

But I Can't Eat That Much!

So you say when you see that 6 to 11 servings of breads, cereals, rice, and pasta are recommended each day. Have you ever stopped to count the servings you usually eat? Start with breakfast — a small bowl of cereal and a slice of toast are two servings. Mid-morning you had a few crackers for a snack — that's a third serving. For lunch, the sandwich counts as two more servings and for supper, a serving of rice and a small roll brings you to seven servings already. It adds up quicker than you might think.



Fruits add color, flavor, texture, and sweetness to the diet and also provide many vitamins and minerals as well as dietary fiber. Citrus fruits (oranges and grapefruit), melons, and berries are good sources of vitamin C. Two tropical fruits now available at many supermarkets—kiwifruit and papaya—are also good sources of vitamin C. Deep-yellow fruits such as apricots, cantaloup, and mangoes are high in vitamin A. All of these fruits—and others—provide additional nutrients such as folate, potassium, and magnesium.

Look at the list of fruits on page 6. How many of them have you eaten? All taste good when eaten as fresh fruit. Some can also be obtained canned or frozen.

Need ideas for something new? Try these fruits that are now found in many grocery stores. As with other fruits, cost is usually lowest during peak season.

● **KIWIFRUIT** is colorful and refreshing with a tart-sweet flavor. Serve as an appetizer garnished with mint leaves or slice and add to a fruit salad or fruit cup. Kiwifruit is available year round with the peak during September and October.

● **MANGOES** are oval or round tropical fruits with a green to yellow skin tinged with red. The inside is deep golden yellow. Mangoes have a spicy, peach-like flavor and are very juicy. Mangoes are good peeled and eaten plain or in a fruit salad. Mangoes are generally available from April through August.

● **STAR FRUIT OR CARAMBOLA** has a distinct star shape

when it is cut crosswise. It has a glossy golden-yellow skin with matching flesh. When ripe, a star fruit is very juicy and fragrant. Its flavor may range from sweet to slightly tart. Star fruit makes an excellent garnish or it may be used in a fruit salad. Star fruit is usually available from August through April.

● **PRICKLY PEARS** come from any of several varieties of cactus. They have a melon-like aroma and a mild, slightly sweet bland

flavor. Prickly pears are usually served chilled, peeled, and in sections. September through May is the time you are likely to find prickly pears.

● **PAPAYAS** are grown in Hawaii and Florida. They are at their best when eaten raw. Papayas are a sweet-tasting fruit with a flavor similar to a peach-melon combination. The texture of a ripe papaya is very creamy. Papayas are available year round.

Take note of other fruits you may find in some supermarkets. Persimmons are available for only a short time and are used most often in desserts. Guavas are usually available fresh only in the region where they are grown. They are primarily used in juices, jams, and preserves. You may also see a variety of melons other than cantaloup and honeydew and new or exotic fruits such as ugli fruit, passion fruit, and others. They're all worth a try for variety if the cost is not too high.

Fruits

Nature's Sweets



Vegetables

Opportunities for Taste Adventures

We've listed over 50 kinds of vegetables on page 6, and you can find more in your supermarket. How many have you tried? How many do you serve regularly? If you stick only to the few vegetables you know you like, you may be missing out on new tastes and important ways of getting nutrients.

Ideas for Serving Vegetables

■ Many vegetables taste good raw. Try a lowfat dip with raw cauliflower, broccoli, carrot, green pepper, turnip, and rutabaga sticks or pieces. You can use green beans, red peppers, zucchini, or snow peas as dippers, too. And how about trying a new vegetable, green

cauliflower? It's green like broccoli but looks like cauliflower.

■ Green up your salads by adding spinach, watercress, romaine, or other dark greens. They get an A+ in nutrients as well as in flavor. Don't stop there—add more color and flavor with other raw or cooked vegetables. Try raw green pepper strips or turnip slices or cold cooked peas, corn, chickpeas, or beets. Vary salads even more by serving greens tossed with fruit slices such as oranges, apples, and pears. Be moderate in your use of oily salad dressings and mayonnaise because they may add more fats and calories than you want.

■ Create your own cooked vegetable combos. For ideas, check out some of the vegetable combos in the frozen food case at the grocery and then try some of your own too. Think about col-

Vitamins and Minerals in Vegetables

Vegetables vary in the kinds and amounts of nutrients they provide. All provide dietary fiber and many vitamins and minerals; some also provide starch or protein. Look below at the various types of vegetables and some of the vitamins and minerals each contains. See page 6 for a list of vegetables by type.

Dark-green vegetables—vitamin A in the form of carotenes, vitamin C, riboflavin, folate, iron, calcium, magnesium, potassium.

Deep-yellow vegetables—vitamin A in the form of carotenes.

Dry beans and peas—thiamin, folate, iron, magnesium, phosphorus, zinc, and potassium.

Starchy vegetables—varying amounts of vitamins and minerals, such as niacin, vitamin B6, zinc, and potassium.

Other vegetables—varying amounts of vitamins and minerals, such as vitamin C, vitamin A, and potassium.

or, shape, and texture contrasts. For example, combine green, yellow, and white vegetables or add water chestnuts to a soft vegetable for a crisp texture contrast.

■ Try steaming vegetables. Use a steamer basket that fits into a saucepan. Put vegetables in the basket with water in the

bottom of the pan, cover the pan with a tight-fitting lid, and steam the vegetables until tender but still crisp and brightly colored. Water should not touch the steamer basket. You can also steam vegetables in a microwave oven, using cookbook directions.





■ Stirfrying is a cooking technique adopted from the Orient. To stirfry vegetables, lightly coat the bottom of a nonstick frypan with vegetable oil; heat the frypan; add vegetables; and stir gently until vegetables are tender-crisp. Use your imagination — many vegetables are good stirfried. For example, try summer squash, broccoli, cabbage, or asparagus. Lower sodium soy sauce, lemon juice, or herbs add flavor.

Dry Beans and Peas ... Vegetables or Meat Alternatives?

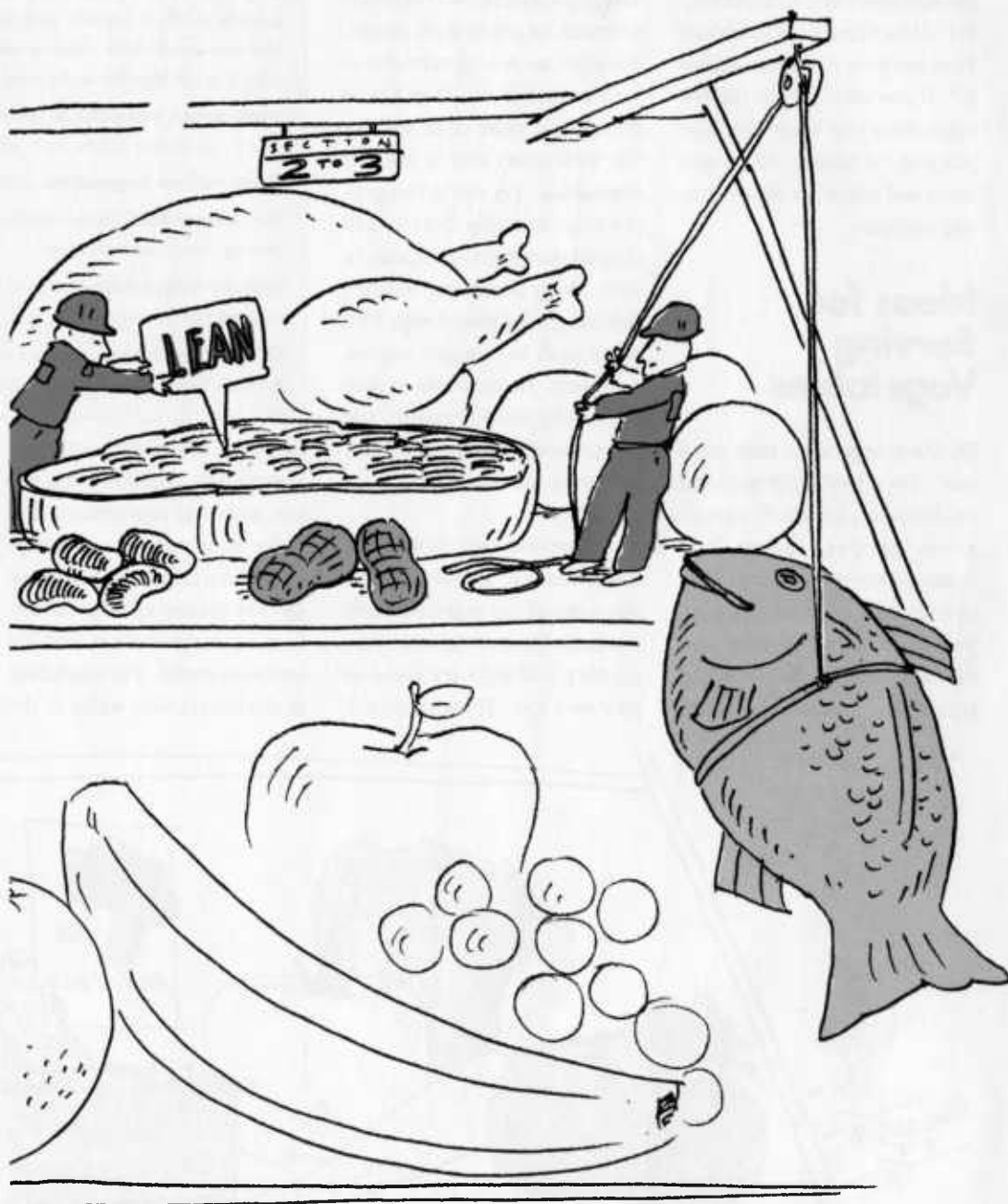
Both! Dry beans and peas provide fiber and many nutrients that are often low in diets of Americans. Try to include them as vegetable selections several times a week.

Dry beans and peas are legumes. They can be used as vegetables but are also alternatives for meat, poultry, and fish (see page 11).

Dry beans and peas are available not only in the dry form but also canned. Once cooked, they can be stored in the refrigerator for a day or two or frozen for longer storage. Serve cooked dry beans and peas as vegetables in salads and soups, as a side dish, or as a bean dip. They can also be used in casseroles and other dishes along with meat. For example, try a salad of cooked lentils and brown rice mixed with diced tomato and green pepper, chopped onion and celery, and seasoned with a light herb salad dressing.

Meat, Poultry, and Fish

Dry Beans, Eggs, and Nuts, Too



Foods in this group are sources of many nutrients.

These include protein, niacin, vitamins B6 and B12, iron, phosphorus, and zinc. Meat, poultry, and fish also provide fat and cholesterol. But you can select and prepare items in this group so that the amount of fat is quite modest. Choose lean meat, trim visible fat from meat,

remove skin from chicken, and bake or broil instead of frying. Omit high-fat gravies and sauces.

Some Alternates

Eggs can be used as an alternate to lean meat, poultry, and fish, but be aware that egg yolks are high in cholesterol. Dry beans and peas and various nuts and

seeds are high in protein and can also be used as meat alternates. The vitamin and mineral content of these foods is similar to meat, except that they do not contain vitamin B12. Beans and peas contain carbohydrates and are lower in fat than lean meat, but nuts and seeds are much higher in fat than lean meat.

The following chart gives

examples of the amount of meat alternate to use in place of 1 ounce of lean meat, poultry, or fish. The servings shown in the chart for the alternates have about the same amount of protein as 1 ounce of meat. The chart also shows how the fat content compares to that of lean meats.

MEAT or MEAT ALTERNATE

	Total fat (Grams)	Saturated fatty acids (Grams)	Cholesterol (Milligrams)	Calories
Cooked beef eye of round roast, lean, 1 ounce	1	1	20	50
Cooked pork center loin, lean, 1 ounce	3	1	22	60
Cooked chicken breast meat, 1 ounce	1	trace	24	45
Cooked halibut, 1 ounce	trace	trace	16	32
Cooked egg, 1 large	5	2	213	75
Cooked dry beans, 1/2 cup	trace	trace	0	110
Tofu, 1/2 cup	4	1	0	70
Peanut butter, 2 tbsp.	16	3	0	190
Seeds, roasted, 1/4 cup	19	2	0	210
Nuts, 1/3 cup	23	4	0	265

IRON

A PROBLEM NUTRIENT

Diets of many toddlers, teenagers, and women up to age 50 contain less than the recommended amount of iron. Iron functions primarily as a carrier of oxygen in the body, as a part of both hemoglobin in the blood and myoglobin in the muscles.

Iron is found in many foods. Meat, poultry, and fish are the best sources. The iron in meat, poultry, and fish is in a form that is readily absorbed by the body. Foods from plants such as enriched and whole-grain breads and cereals, dry beans and peas, and dark-green leafy vegetables are also important

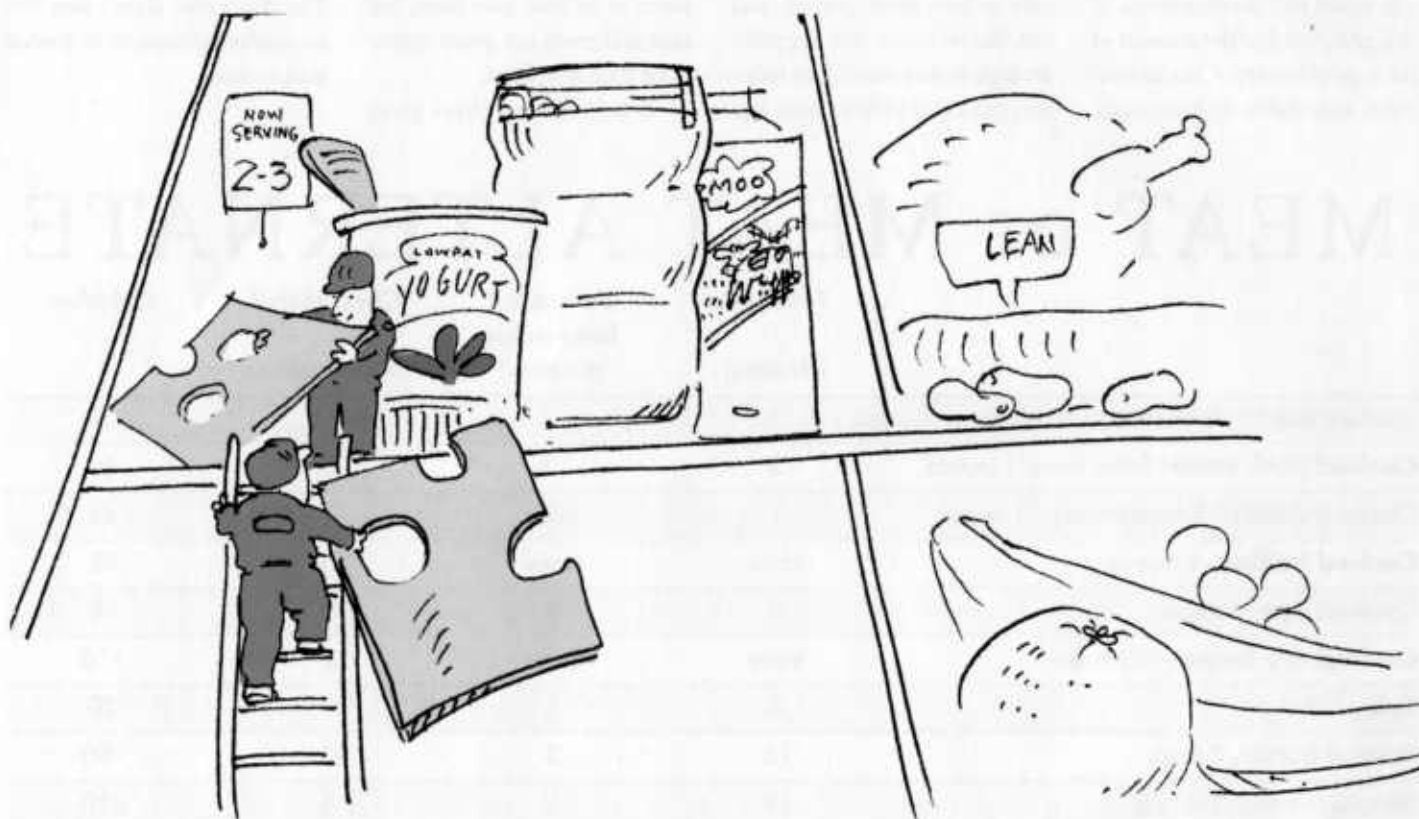
sources. However, the iron in these foods is in a form that is not as well absorbed by the body as the iron in meat, poultry, and fish. Research suggests that eating these iron-containing plant foods in a meal or snack with a food rich in vitamin C increases the amount of iron the body can absorb. Also, eating some meat, poultry, or fish along with plant foods rich in iron helps the body absorb the iron from plant foods.

Since it is especially difficult to meet the iron needs of toddlers, many doctors recommend using a breakfast cereal that is fortified with iron or an iron supplement. Doctors often prescribe iron supplements for pregnant women and for mothers who are breastfeeding, and sometimes for other women of childbearing age.



Milk, Yogurt, and Cheese

Good Sources of Calcium



The best sources of calcium are milk, yogurt, and cheese. These foods also provide protein and vitamins B12, A, riboflavin, and, if fortified, vitamin D. Vitamin A is usually added to lowfat and skim milks so that they contain as much of this vitamin as whole milk.

Of the many milk products available, skim milk and plain nonfat yogurt are the lowest in fat and contain no added sugars. Although many other milks, yogurts, and cheeses provide about the same amount of calcium, most contain more fat, especially saturated fat, and some also contain more sugar. Many cheeses are higher in sodium

than skim milk or plain yogurt. The table below shows how

much fat and sugar you add to your diet when you choose

something other than skim milk or plain nonfat yogurt.

**SIZE SERVING EQUAL IN CALCIUM CONTENT
TO 1 CUP OF SKIM MILK**

A SERVING THIS SIZE CONTAINS

	FAT (GRAMS)	ADDED SUGARS (TEASPOONS)
1 cup skim milk	Trace	0
1 cup 2% fat milk	5	0
1 cup whole milk	8	0
1 cup 2% fat chocolate milk	5	3
8 ounces plain nonfat yogurt	Trace	0
8 ounces plain lowfat yogurt	4	0
8 ounces lowfat vanilla yogurt	3	5
8 ounces lowfat fruited yogurt	2	7
1-1/2 ounces natural cheese	12-14	0
2 ounces process American cheese	18	0

NOTE: Cottage cheese has less calcium than most other cheeses. One cup of cottage cheese contains only as much calcium as 1/2 cup of milk.

CALCIUM AND OSTEOPOROSIS

Many Americans, especially women, do not get the recommended amount of calcium from the foods they eat. Calcium is important for building strong bones and teeth in growing children. It also helps maintain the bones and teeth of adults. Teenagers and young adults need adequate calcium for achieving maximum bone density.

Osteoporosis is a disease in which bones become weak and brittle and are more likely to break. It is a major cause of fractures of the hip, spine, and other bones in older people. Bone density decreases with age in all people after the age of 35. The risk of osteoporosis is greater for women, especially after menopause, for whites, and for those who are underweight or who smoke. The exact cause of osteoporosis is not known. Inadequate calcium in the diet, decreasing hormone levels, inactivity, and not enough exposure to sunlight may all be involved. Many scientists believe that extra calcium in diets and weight-bearing exercise such as brisk walking helps delay onset of osteoporosis. Doctors may prescribe other treatments for osteoporosis in order to stop further bone loss.

DOES ICE CREAM COUNT?

Ice cream, ice milk, frozen yogurt, and other milk-based frozen desserts are made from milk, so they have calcium and the other nutrients found in milk. However, many contain added sugars. Ice cream and other desserts made with cream are also higher in fat. Other frozen desserts are made with less fat or with a fat substitute. Now and then, you can replace milk with a frozen dessert that is higher in sugars and/or fats, but when you do, cut your use of other sweets especially those high in fat. This will help you use sugars and fats in moderation. One-half cup of ice cream or ice milk has about the same amount of calcium as 1/3 cup of milk. One-half cup of frozen yogurt has more calcium—about the same amount as 1/2 cup of milk.



Where Do Tacos Fit?

Where do tacos, fajitas, pizza, and spaghetti with tomato sauce fit when it comes to food groups? It's not too hard to figure it out, if you think about the foods in them. For example, a fajita contains both meat and vegetables. The tortilla represents a serving of bread. Tacos and pizza provide cheese from the milk group

as well as grain, vegetables, and sometimes meat. Spaghetti provides grain, of course, but also vegetable from the tomato sauce. If the sauce contains meat, you'll have a serving of meat. Think about the fat and sugar content of the mixture, too. For example, taco shells are fried, so they have some additional fat.

Should I Take SUPPLEMENTS?

Most people can get all the nutrients they need by eating the variety of foods shown in the Pyramid Guide to Daily Food Choices on page 4. It is not necessary to use a vitamin supplement or to choose special foods such as ready-to-eat cereals that have been highly fortified with extra vitamins and minerals. If you do take a supplement, choose one that supplies no more than 100 percent of Recommended Dietary Allowances (RDA) for the vitamins and minerals per day. Vitamin and mineral supplements that exceed the recommended amount of any of the vitamins or minerals and other supplements, such as protein powders, single amino acids, and so forth, have no known health benefits and may actually be harmful to health.



Recipes

■ Spicy Steak Strips

Round steak is a good meat choice since it's one of the leanest cuts of beef. Making this recipe with tomatoes canned without salt and 1/4 teaspoon of salt provides 50 milligrams less sodium per serving than making the same recipe with tomatoes canned with salt. Choose a whole-grain roll and noodles or rice to go with this main dish for two servings from the bread group. Serve with a fresh fruit cup for dessert; include some kiwifruit for added color and flavor. Add a serving of milk and you have something from each of the food groups.

4 servings, about 1/2 cup each

Per serving (not including noodles or rice):

Calories140 **Cholesterol**.....43 milligrams
Total fat.....3 grams **Sodium**.....245 milligrams
Saturated fatty acids1 gram

Beef round steak, boneless	3/4 pound
Celery, sliced	1/2 cup
Onion, chopped	1/2 cup
Flour	1 tablespoon
Tomatoes, no-salt-added	16-ounce can
Water	1/2 cup
Parsley, chopped	2 tablespoons
Worcestershire sauce	1 tablespoon
Ginger root, minced	1/2 teaspoon
Salt	1/4 teaspoon
Ground cloves	1/8 teaspoon
Red pepper flakes	1/8 teaspoon
Bay leaf	1

To prepare:

1. Trim all fat from steak. Slice across the grain diagonally into thin strips. (It is easier to slice steak into thin strips if it is partially frozen.)
2. Heat nonstick frypan. Cook steak, celery, and onion until steak is browned. Drain off fat.
3. Stir flour into beef mixture. Add remaining ingredients. Bring to a boil; reduce heat, cover, and cook over low heat for 40 minutes or until meat is tender. Remove bay leaf.
4. Serve over noodles or rice.

Each serving provides:

About 2 ounces cooked meat

1 serving (1/2 cup) cooked vegetables

■ Spinach Orange Salad

Fruits and vegetables served together make an interesting salad. The light orange juice dressing adds a sweet-tart flavor. Serve this salad with a baked chicken breast, seasoned lima beans, and a hot crispy roll. Angelfood cake with a lightly sweetened fruit topping would add a finish to the meal. You don't need a serving of milk if you've already had your two or three servings.

4 servings, about 1 cup each

Per serving:

Calories110 **Cholesterol**0
Total fat8 grams **Sodium**25 milligrams
Saturated fatty acidsTrace

Spinach, torn into pieces	4 cups
Oranges, sectioned	2 medium
Red onion, sliced	1/2 cup
Mushrooms, sliced	2/3 cup
Orange juice (from sectioning of orange)	1/4 cup
Vinegar	2 tablespoons
Vegetable oil	2 tablespoons
Ground ginger	1/2 teaspoon
Pepper	1/4 teaspoon

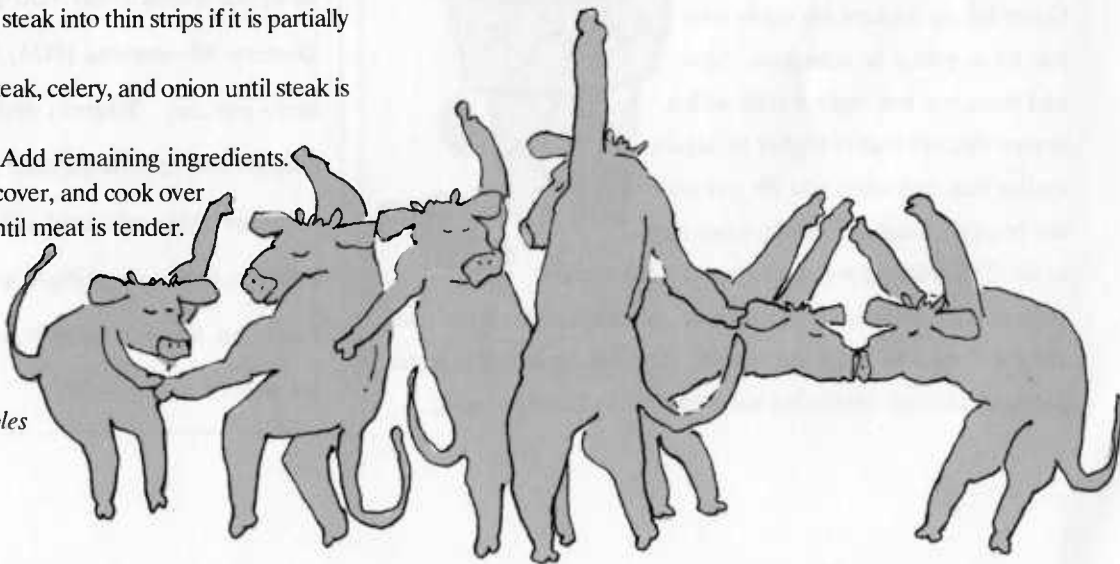
To prepare:

1. Place spinach in bowl. Add orange sections, onion, and mushrooms. Toss lightly to mix.
2. Mix orange juice, vinegar, oil, ginger, and pepper well. Pour over spinach mixture. Toss to mix.
3. Chill.

Each serving provides:

1-1/2 servings (1 cup leafy raw and 1/4 cup raw) vegetables

1/2 serving (1/2 medium) fruit



■ Chicken Crepes

Serve with steamed broccoli pieces, rice pilaf made with brown rice, and a dessert of crisp apple slices, red seedless grapes with lowfat cheddar cheese. Sodium is reduced by about 30 milligrams per serving by using unsalted broth and 1/8 teaspoon of salt instead of canned salted chicken broth.

4 servings, 2 crepes each

Per serving:

Calories..... 375 **Cholesterol**..... 114 milligrams
Total fat..... 12 grams **Sodium**..... 310 milligrams
Saturated fatty acids... 3 grams

Crepes:

Flour 3/4 cup
 Skim milk 1 cup
 Egg 1 large

Filling:

Celery, chopped 1/2 cup
 Green onion, chopped 1/4 cup
 Margarine 2 tablespoons
 Flour 1/4 cup
 Poultry seasoning 1/2 teaspoon
 Salt 1/8 teaspoon
 Skim milk 1 cup
 Chicken broth, unsalted 1/2 cup
 Peas, frozen, partially thawed 1/2 cup
 Chicken, cooked, diced 2 cups



To prepare crepes:

1. Beat flour, milk, and egg together until smooth.
2. Lightly grease and heat a 6-inch frypan. Pour 3 tablespoons of batter into pan. Tilt pan to coat bottom. Cook 1 minute or until lightly browned. Turn crepe over; cook 30 seconds.
3. Place on paper towel.
4. Cook remaining batter.
5. Keep crepes warm while preparing filling.

To prepare filling:

6. Preheat oven to 375 °F.
7. Cook celery and onion in margarine until tender. Stir in flour and seasonings. Add milk and broth, stirring constantly. Cook until thickened. Set aside 2/3 cup of sauce for topping.
8. Stir peas and chicken into remaining sauce. Heat.
9. Place about 3 tablespoonfuls of filling on unbrowned side of crepe. Roll and place in baking dish seam side down. Repeat to fill 7 more crepes.
10. Pour sauce that was set aside over crepes.
11. Bake, covered, about 15 minutes or until heated through.

Each serving provides:

2-1/2 ounces chicken

1/2 serving (1/4 cup) cooked vegetable

1 serving (2 crepes) bread

■ Whole-Wheat Pancakes

Combine the nutrients in a whole-wheat product with those of fruit. Try these pancakes with warm spicy applesauce rather than butter and syrup. Add a fresh citrus fruit and milk for a tasty breakfast or brunch.

4 servings, two 4-inch pancakes each

Per serving:

Calories..... 175 **Cholesterol**..... 54 milligrams
Total fat..... 4 grams **Sodium**..... 265 milligrams
Saturated fatty acids..... 1 gram

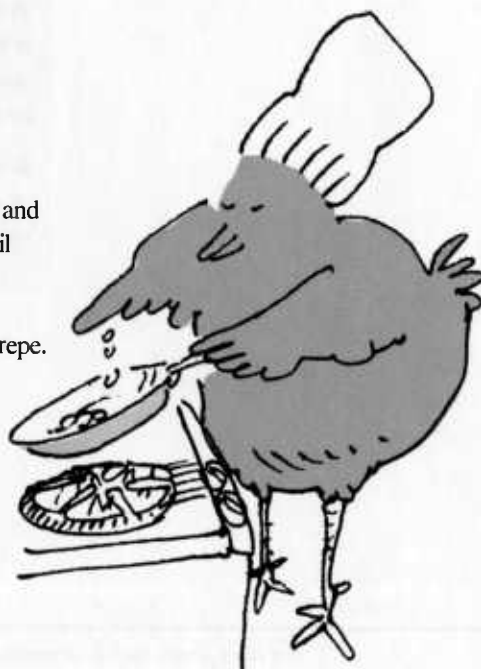
Whole-wheat flour	1 cup
Brown sugar, pocked	2 teaspoons
Baking powder	1-1/2 teaspoons
Salt	1/8 teaspoon
Egg	1 large
Skim milk	1 cup
Vegetable oil	2 teaspoons

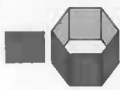
To prepare:

1. Preheat griddle.
2. Mix dry ingredients.
3. Beat egg, milk, and oil together.
4. Add milk mixture to dry ingredients; stir only until mixed. Batter will be lumpy.
5. For each pancake, pour 1/4 cup of batter onto hot griddle.
6. Cook until surface is covered with bubbles; turn, cook other side until light brown.

Each serving provides:

2 servings (2 pancakes) bread





■ Corn Bisque Florentine

For an easy lunch, serve with a crusty whole-grain roll or whole-grain crackers. Add a flavorful blueberry crisp for dessert—light (reduced-calorie) blueberry pie filling sprinkled with a little granola.

4 servings, about 1 cup each

Per serving:

Calories	150	Cholesterol	9 milligrams
Total fat	3 grams	Sodium	400 milligrams
Saturated fatty acids	2 grams		

Celery, chopped	1/4 cup
Onion, chopped	2 tablespoons
Water	1/4 cup
Corn, cream style	16-ounce can
Milk, 2% fat	2 cups
Pepper	1/4 teaspoon
Fresh spinach, cut in strips	1 cup

To prepare:

1. Cook celery and onion in water until just tender, about 5 minutes.
2. Add corn, milk, and pepper. Heat just to boiling. Reduce heat, cover, and cook over low heat 10 minutes, stirring occasionally.
3. Stir in spinach; continue cooking 2 minutes longer.

Each serving provides:

1/2 serving (1/2 cup) milk

1-1/2 servings (3/4 cup) cooked vegetable

How Does Your Diet Rate for Variety?

Answers to quiz on page 2.

Compare your answers to the quiz on page 2 to the best answer listed below. Then read about the nutrients provided by these foods and ideas on how to include them in your diet.

1. ALMOST DAILY. Many people believe that eating breads and cereals will make you fat. That's not true. Extra calories often came from the fat and/or sugar you MAY eat with them. Both whole-grain and enriched breads and cereals provide starch and essential nutrients. Learn more on page 7.

2. ALMOST DAILY Whole-grain breads and cereals contain vitamins, minerals, and dietary fiber, which are low in the diets of many Americans. Select whole-grain cereals and bakery products—those with a whole grain listed first on the ingredient label. Or make your own using part whole-wheat flour.

3. ALMOST DAILY. Fruits are nature's sweets. They taste good and are good for you. Choose several kinds each day. See page 8 for ideas.

4. ALMOST DAILY. Vegetables vary in the amounts of vitamins and minerals they contain. So, it's important to include several kinds every day. Read about them on page 9.

5. 3 TO 5 TIMES A WEEK. Dry beans and peas fit into two food groups because of the nutrients they provide. They can be used as an alternate to meat, poultry, and fish. They are also an excellent vegetable choice. See page 10.

6. 3 TO 5 TIMES A WEEK. Popeye gulped down spinach to build his superior strength. Although this effect of spinach is exaggerated, spinach and other dark-green leafy vegetables are excellent sources of some nutrients that are low in many diets. See page 9.

7. ALMOST DAILY. Most Americans include some meat, poultry, or fish in their diets regularly. Dry beans and peas, peanuts (including peanut butter), nuts and seeds, and eggs can be used as alternates. Learn more by reading page 11.

8. ALMOST DAILY. Adults as well as children need the calcium and other nutrients found in milk, yogurt, and cheese. To find out why calcium is important, see pages 12-13.

Supersedes HG 232-1